



Viristar
Wilderness Advanced Life Support (WALS)

Course Schedule

Topics

Day 1 – 8.5 hours

- Logistics and introduction
- General concepts in wilderness medicine
- Patient assessment with drills
- Critical system summary
- Anaphylaxis
- Spine (lecture, demonstration and practice of examination; assessment drills)
- Patient movement/improvised patient carries
- Patient packaging
- Wrap-up

Day 2 – 9.5 hours

- Homework review
- Pain management
- Musculoskeletal
- Limb splinting
- Dislocations (lecture, reduction demo with videos and practice)
- Wounds/Burns
- Thermoregulation
- Small group BLS simulations and debrief
- Wrap-up

Day 3 – 10.5 hours

- Homework review
- Altitude
- Cold injuries
- Lightning
- Medical aspects of avalanche
- ALS tools lab & appropriate technology (lecture and lab)
- SAR/Organization/Roles
- Night simulation

Day 4 – 7.5 hours

- Homework review
- Night sim debrief
- Drowning/SCUBA (barotrauma)
- Toxins/Zoonotic Disease Vectors
- Expedition practitioner/backcountry medicine (lecture, discussion and drill)
- First aid kits and prescription medications
- Medical-legal considerations
- Review & wrap-up

Certification by WMAI.
Precise schedule may vary.